



# FOOD SAFETY

## For Your Family's Sake

# FOOD SAFETY

Sally Coble\*

Foods containing certain bacteria may cause illness. Symptoms of food-borne illness include diarrhea, stomach cramps, vomiting and flu-like symptoms, depending upon the type of bacteria involved. The growth of bad bacteria may be controlled through proper selection, handling and cooking of food.

## **SALMONELLA**

Sal may be found in raw meat, fish, poultry, eggs and dairy products. Sal is spread by animals and by dirty hands. Freezing and refrigeration stop the growth of Sal. Sal dies when heated to high temperatures.

### **Stamp Out Sal**

- Avoid contamination of cooked foods with raw foods. Wash cutting board thoroughly after each use.
- Wash hands carefully before handling food.
- Wash raw foods well.
- Clean cutting board well before and after cutting up poultry or meat.
- Heat foods to at least 155°F before serving.
- Refrigerate or freeze leftovers immediately after a meal.
- Keep pet feeding dishes and toys out of the kitchen.



Alias Salmonella

## **STAPHYLOCOCCUS AUREUS**

People who have a staph infection contaminate food through the hands, a sneeze or a cough. Staph forms a toxin in ham, meats, fish, custard-filled foods, cream pies, sandwich fillings and dairy products when not stored properly. Cooking kills Staph, but not the harmful toxin.

### **Slay Staph**

- Practice good personal hygiene.
- Avoid handling food if you have open cuts, boils or colds.
- Keep meat and foods containing egg and milk in the refrigerator.
- Avoid contamination of cooked foods through hands, knives and cutting boards.
- Never allow foods to stand at room temperature for more than 2 hours.



Alias Staphylococcus aureus

## **CLOSTRIDIUM PERFRINGENS**

C.P. can be present at banquets and parties where foods are held for long periods at improper temperatures. If food is not kept very hot or very cold, C.P. can grow. C.P. grows best in meat and poultry that has not been well-cooked, sauces, gravies, stuffings, pies, salads and casseroles.

### **Punish C.P.**

- Keep hot foods hot (above 140°F) and cold foods cold (below 40°F).
- Thoroughly reheat leftover cooked foods.
- Keep cold cuts and cold sliced meats cold and serve cold.



Alias Clostridium perfringens

## **CLOSTRIDIUM BOTULINUM**

Botulism is often deadly. This bacteria grows and produces a harmful toxin in sealed jars of food. The toxin occurs most often in home-canned meats, fish and vegetables that have not been processed properly in a pressure canner. The botulism toxin is destroyed by boiling for 10 minutes.

### **Battle Botulism**

- Use a proper pressure canner for all meats, fish and vegetables.
- Follow a reliable, up-to-date home canning instruction booklet.
- Inspect all food containers before opening or serving. Discard bulging cans or those with leaky seals.
- Boil all home-canned foods for 10 minutes before serving. Never taste canned low-acid foods directly from the jar.



Alias Clostridium botulinum

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## Play it Safe

Safe food does not just happen. For the consumer, food safety means care in the selection, storage, handling and cooking of food.

### Food Buying

- Shop for groceries after all errands have been run.
- Make sure the food you select is in good condition.
- Under no circumstances buy swollen or leaking canned foods.
- Select refrigerated and frozen foods just before checking out.

### Food Handling and Storage

- Refrigerate meat, dairy products and prepared foods immediately.
- Store canned foods in a dark, cool place for no longer than 1 year.

- Use perishable foods within a short time.
- Keep frozen foods stored at 0°F or below.

### Food Preparation

- Wash raw fruits and vegetables before using.
- Reheat leftovers thoroughly before serving again.
- Cook pork and poultry until well done. Stuff poultry just before placing in oven.
- Do not allow prepared food to stand at room temperature for more than 2 hours.
- Avoid contamination of cooked foods through the use of cutting boards or other utensils that may have been in contact with raw foods.

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